

DETOXIFICATION WITH ESSENTIAL OILS

By Lorene Karewa Forbes



Essential Oil Application Methods
Immune System
Digestive & Urinary Systems
Parasites
Mind/Body Connection
Liver

“IN RECENT YEARS, BOTH DOCTORS AND THE PUBLIC HAVE REDISCOVERED THE MEDICAL VALUE OF ESSENTIAL PLANT OILS. BUT THE IDEA OF USING THEIR PROPERTIES TO MAINTAIN OR REGAIN HEALTH GOES BACK TO ANTIQUITY...” — Dr. Jean Valnet

APPLICATION METHODS

FOLLOWING ARE SOME WAYS THAT I HAVE USED ESSENTIAL OILS IN MY DAILY LIFE. I WOULD LOVE TO HEAR FROM YOU ... AND HOW YOU'RE USING THEM!

In the Bath

- Mix 5-6 drops of a favorite essential oil in $\frac{1}{2}$ to 1 cup **TRUessence Dead Sea Salts**. Then stir the salts into warm bathwater and enjoy an amazingly therapeutic bath!
- A great bubble bath (with no risk of feminine infection) is **Silk Body Wash** – a squirt or two – and 5-6 drops of your favorite essential oil. **TLC**, **Quiescent** and **Lavender** are my favorites to use this way!

Cleaning & Disinfecting Around the House

- Most essential oils create an environment that is unfriendly to germs and bacteria. Some favorites for use around the home include **Lavender**, **Lemon**, **Peppermint**, **Tea Tree**, **Thyme** and **Oregano**.
- A few drops of essential oil may be added to the dishwasher or washing machine to clean and disinfect. **Lemon** imparts a fresh, clean aroma and is a great disinfectant. **Guardian** is phenomenal for sanitizing, particularly during flu season.

Create a Compress

- Apply several drops of oil on desired location. Cover the area with a hot, damp towel, and place a second, dry towel over it to help retain the heat. You may even wish to cover or wrap the area with a sheet of plastic.
- If the "heat" or "tingle" of the oil becomes uncomfortable, apply **Message Oil** or a good quality organic olive oil on location to reduce the intensity.

Dietary Supplements

- High quality, nutrient-dense nutritional blends can be essential to your daily vitality. Keep it simple, and use them wisely.
- When using essential oils internally, as a general rule, I use 3-5 drops of selected oil in a vegetable gel capsule, fill the rest of the capsule with **Message Oil**, and use as desired.
- **AMP** technology—Aqueous Molecular Partitioning—assures high bioavailability of the healing properties of plants in many **ForeverGreen** products listed in this document.
- Many essential oils can be ingested simply by putting 2-4 drops in a veggie capsule and fill remaining space in capsule with organic olive oil or **Message Oil**. They can be taken with meals, or in between meals. (Obtain veggie caps at your local health food store.) Veggie caps can be filled in advance and kept in the refrigerator until needed. In general, capsules will last this way for at least 3 days. We recommend always using veggie caps rather than gelatin capsules.
- You can add essential oils to your food (after it has been cooked), or even as a great flavoring in dressings and sauces. Imagine the benefits!
- You will want to check with your healthcare professional before consuming any essential oils internally.

Diffusion

- Set a mood or cleanse the air with mists of healing and protection with a cold air diffuser.
- A cold-air nebulizing diffuser is designed specifically to disperse a fine mist of essential oils into a room. It can be adjusted to flow out as quickly or as subtly as you like. It can also be set on a timer for your convenience. The integrity and healing properties of the oils are preserved without being heated, burned or altered in any way.
- **Lavender** is ideal for baby's room to calm and soothe with a healing aroma. **Charity, Quiescent, Rose** and **TLC** are also excellent options.
- **Lemon** is a great oil to use for its air purifying ability and fresh, just-cleaned scent.

Direct Application

- Apply 'neat', which in the essential oil world means directly to the skin on location. Dilute oils if necessary with **Message Oil**, which is the only carrier oil that we suggest you use.
- Essential oils penetrate the skin. Rapid absorption delivers benefits throughout the body within minutes.
- When trying new oils, always test a small area of skin before applying over larger areas.

Direct Inhalation

- Put several drops into the palms of your hands and rub together. Cup hands over nose and mouth and inhale deeply.
- Or, place a few drops on a tissue and inhale in the same manner.

Foot Application

- One of our favorite ways to enjoy essential oils on a daily basis is by applying them to the feet.
- If you don't have anyone who can do an **Aromatic Acupuncture** treatment, use the same oils, in the same order, and apply them to your feet. You'll be amazed at how effective this can be!
- Each morning after showering, apply the selected oil for the day on your feet; 1-2 drops applied to a particular reflex point will work wonders! My personal favorites are **Cairo Care, TLC, Thyme ct. linalool**, and **Eucalyptus. Thyme ct. thymol** is another excellent choice, but as it is a warm oil, it should always be mixed with a drop or two of **Message Oil**. I've used all of these oils in this way!

Humidifier or Vaporizer

- Essential oils such as **Peppermint, Lemon, Eucalyptus radiata**, or **Frankincense** are historical favorites to use in vaporizers.
- We would strongly suggest, however, that rather than vaporizing the oils you diffuse them with a cold air diffuser. The health benefits of diffusing oils are far superior to vaporizing or humidifying, which reduce the oils' full therapeutic actions.

Massage

- Mix 10-12 drops (4-5 for children) of your favorite essential oil(s) with one ounce of **Message Oil**.
- Try an **Aromatic Acupuncture** treatment, which is not really about massage as much as it is about applying the oils along the spine with gentle, light strokes, and letting the oils do their job.

Personal Care Products

- Personal care products from **TRUessence Apothecary**—**Silk Body Wash**, **Juice** shampoo and conditioner, **Quench** moisturizer, and **Shine** oral hygiene drops—are each infused with the healing benefits of therapeutic-grade essential oils. Add an additional 10-15 drops or more of your favorite oil(s) to enhance your experience.
- Add a few drops of desired essential oil to **Balance Gel** to support skin care, hair care, and pain relief. It makes a great natural sun-block!
- Create your own essential oil-infused deodorant, skincare oil, or tooth polish. Be creative!

Wear as a Perfume or Cologne

- Essential oils are a much healthier—and definitely superior— alternative to synthetic fragrances and deodorants.
- Apply pure, therapeutic essential oils to pulse points. **Gratitude**, **Charity**, **Cherished Space**, **Dream Weaver**, **Joy & Abundance**, and **E-Motion** are particular favorites.

IMPORTANT NOTE

When referring to this reference guide, please be clear that **without exception**, each and every oil referred to is a **TRUessence Essential Oil** from **ForeverGreen**, tested for purity using GC/MS (gas chromatography/mass spectrometry), with the most stringent controls in place for quality assurance. Each batch is tested and records maintained. Where applicable, organic certification is on file.

We are not aware of any other essential oils on the market that will garner the same benefits. EVERY other essential oil line that we have researched and studied has been compromised in one way or another by:

- being extracted with hexane or other toxins;
- being steam-distilled with chemicals in the steam to enhance the amount of oil that is extracted;
- being adulterated with synthetic oils, synthetic extenders and other potentially health-compromising synthetic ingredients;
- being extended “in a base of ...” various kinds of fatty oils (almond, sunflower, etc), thus diluting or even negating the therapeutic value of the essential oils!

Take the ‘smell test’ and find out for yourself. Take a whiff of some other brand of **Peppermint** oil, then a whiff of TRUessence **Peppermint**. There won’t be a need for much more conversation after that. The smell will tell you the story!

We cringe when we hear people say that they’re in a hurry to get the essential oil they need, so they run to the store and get it – or they found the oil ‘cheaper’ at Whole Foods, a Natural Foods Co-Op, or some other local health food store. They may have found an essential oil a bit cheaper, or a bit quicker . . . but at what cost? And at what penalty to their body? Will it really be effective? We have yet to find a store-bought essential oil that will be clean, pure and effective. And it’s possible that the store-bought oil could even be toxic!

Please be sure, if you implement any of the suggested uses found in this reference guide, that you’re using **100% pure, premium therapeutic-grade TRUessence Essential Oils from ForeverGreen!**

RESPONSIBLE CAUTIONS

PLEASE NOTE...

Some of the circumstances below are common; others are not so much so, except under certain conditions. Remember that essential oils are powerful and should be used with prudence. In doing so, the benefits they can provide are truly amazing!

Keep in mind that there are general guidelines, but no real cookie-cutter approaches, to using essential oils. If we were referring to synthetic chemicals, one could easily predict exactly what to expect. However, essential oils are organic substances and our bodies are dynamic in nature, constantly changing moment to moment based on outside stimuli, thoughts and emotions, food ingested and the environment in general. What works well today may need to be adjusted tomorrow.

- **LESS IS MORE:** Always use essential oils in moderation, especially if pregnant (see PREGNANCY caution below). Essential oils are powerful. The smallest amount can often achieve the desired results very quickly. Do not fall into the trap of "if a little is good, a lot must be even better!" This could over-stimulate the body's response and create a healing crisis.
- **PRESCRIPTION MEDICATION:** Individuals on prescription medication should avoid using essential oils within two hours before or after taking their medication, as the oils can interfere with the body's ability to assimilate the medication properly.
- **HIGH BLOOD PRESSURE:** In general, *Peppermint* increases blood pressure and its prolonged use should be avoided. Occasional use for digestion or a bump is fine. If you have a concern about using *Peppermint*, you might want to use the *Peppermint*, then immediately layer with *Lavender* to help offset any potential increase in blood pressure.
- **SEIZURE DISORDERS:** People with a history of seizures should avoid, or take care in using, *Basil*, *Fennel* or *Lavender*.
 - Try a drop of two of *Fennel* on your feet as a test if you'd like, but use caution. Be aware that the aroma of *Lavender* has actually triggered an epileptic reaction in some, while others have been greatly helped.
 - If you are prone to seizures, have someone with you while you check your response to *Basil*, *Fennel* or *Lavender*.
- **PREGNANCY:** Always use essential oils in moderation, especially when pregnant. Avoid *Moon* blend, as it could induce labor. Be cautious also with *Peppermint*, *Clary Sage*, *Fennel*, or any hormone-modulating essential oil, as they may stimulate premature contractions.
- **CHILDREN:** When using oils with a child, remember that the oils are powerful, so as a general rule, they should be diluted 75% or more for those under 24 months of age and 50% or more for those under 36 months of age. There are a few oils that are not appropriate for use with children, even if diluted. *Spice of Life*, *Thyme ct. thymol* and *Eucalyptus globulus* are among the few that are not for use with children.
- **DERMAL SENSITIVITY:** Should you develop dermal sensitivity to any essential oil, do not flush with water or try to wash the oil off; apply *Message Oil* or organic olive oil to the area to dilute the essential oil and soothe the skin.
- **CITRUS OILS:** All citrus oils, and those blends containing citrus oils, are photo sensitive. If applied to skin, keep the area where oils have been applied out of direct sunlight for at least 48 hours after oil application. Just use the oil(s) "where the sun don't shine."
- **OREGANO OIL:** Never, ever apply *Oregano* oil undiluted to skin (unless specifically directed for a particular condition), as it is a very "hot" oil and could cause burns.
 - Should direct contact with *Oregano* occur, do not try to wash it off or flush with water, as this will only drive the oil deeper into the skin. Simply apply *Message Oil*, vegetable oil or nut oil to the area immediately.
 - TIP: Buy a small eyedropper to make up capsules containing *Oregano*. This will reduce the possibility of getting the oil on your hands or the outside of the capsule. You might also want to coat your fingers with *Message Oil* before working with *Oregano* or any of the hotter oils.
- **THYME CT. THYMOL OIL:** This is also a very warm oil; dilute before use in the same manner as *Oregano*.
- **ANIMALS:** It is extremely important to carefully consider the animal's weight when determining the amount of oil to use for any given health challenge. For any animal under 100 lbs., dilute as follows:
 - Figure 1 drop of oil for every 100 lbs. of the animal's weight. For example, for a 10-lb dog, add 1 drop of essential oil to 10 drops *Message Oil* and mix well. Then use 1 drop of the mixture on the dog.
 - CATS: Our holistic vet tells us that cats' livers cannot metabolize oils in the same way that people, dogs, or most other animals do. Their bodies more or less "recycle" the oils, which can cause an excess accumulation in the liver. This can occur very quickly (especially in smaller, weaker or elderly cats), whether through internal or external application, repeated or continuous inhalation (including diffusion), etc. This can result in liver failure or even death. If you use essential oils on your cat, he suggests that you allow 72 hours between applications, and avoid long-term use.

WHY USE ESSENTIAL OILS?

Essential oils are the living essences of plant material—herbs, spices, seeds, rind, bark, leaves, twigs, and flowers. True essential oils—those derived from natural sources—have been scientifically proven to be anti-infectious, antibacterial, antiviral, antiseptic, antifungal, antiparasitic, and truly life-enhancing in every way!

Essential oils are also historically proven, having been used for thousands of years as beauty treatments, in meditation and worship, for treating all manner of illness, to cleanse and disinfect, and in general, to improve the lives of people around the globe. Just as importantly, when used properly, they do not have the toxic side-effects and dangers found with over-the-counter medications and prescription pharmaceuticals.

When you hold a bottle of **TRUessence** Essential Oil, you are holding the essence of Mother Nature in your hand. The infinite power of the plant kingdom is in that little bottle—and it brings with it an endless array of health benefits, natural goodness, and amazing aromas!

WHY THERAPEUTIC-GRADE?

Organic or wildcrafted therapeutic-grade essential oils contain nothing artificial, nor have they been grown or extracted with artificial and harmful fertilizers or solvents. They contain no nut oils, extenders, or synthetic additives which diminish or counteract their therapeutic action. They are carefully selected with the utmost importance given to botanical species, country of origin, growing conditions, harvesting and extraction method, and even which part of the plant is used. Each of these factors greatly impact the quality and therapeutic properties of the essential oil.

Therapeutic essential oils can be used in so many preventative and pleasurable ways:

- Supercharge your immune system and fight illness and disease
- Provide your body with the raw materials and energies needed to assist in repair and healing
- Indulge in a relaxing massage or unwind with a hot, soothing bath
- Relieve a headache or ease aches and pains
- Lift your spirits, calm overly-rambunctious kids, or set a romantic mood
- Quiet your mind or energize your day
- Chase away mice and the things that “bug” you
- Disinfect your environment and protect your family
- Add flavor to your food
- Flavor, oxygenate, and purify your drinking water

The list is endless ...

WHY TRUessence?

With a commitment to essential oils that is “true,” **TRUessence**, a division of **ForeverGreen** International, set out to work with the very best. Forging a partnership with essential oils expert and master aromatherapist Alexandria Brighton, **TRUessence** brings to the world only the most pristine organic and/or wildcrafted pure therapeutic-grade essential oils. Hence, **TRUessence**!

While there is no rating system for assuring quality, you can recognize the pure, pristine nature of **TRUessence** Essential Oils by their unadulterated aromas, the clear energies of each bottle, the assurance of quality on file for each and every batch, as well as the assurance of Alexandria Brighton. Her 25+ years of master blending and global aromatherapy work stands behind the efficacy and quality of each and every bottle!

TRUessence Essential Oils are stringently sourced from providers who meet Alexandria’s strict standards of quality control—from seed to bottle. A representative sample of each lot is tested before purchase. The country of origin and specific botanical species of each oil must be known for proper evaluation, as differences in plant varieties and geographical location will impact the composition of, and constituents in, the oil.

TRUessence defines each different type or species of essential oil with its own unique item number. Every lot is tested using gas chromatography, flame ionization detection, and mass spectrometry to verify its chemical composition and ensure that it is all-natural and completely free of synthetic additives or extenders. Physical testing includes aroma, refractive index, specific gravity, optical rotation, and closed cup flash point. Test results must be maintained within a very specific acceptable range for each oil or it is rejected. As geographical location and plant species produce unique characteristics in the oil, and natural variation is inevitable with any truly natural product due to weather conditions and other factors, these tests ensure that **TRUessence** oils are 100% pure and natural, and that their quality can be counted on to be consistent with every bottle.

WHY TRUessence? *(continued)*

The ability to trace the origin of the oils is of utmost importance to **TRUessence** and **ForeverGreen**. Recognizing that essential oils are used in a multitude of ways—from cosmetics to aromatherapy to food products and nutrition—it is imperative that only the most pristine therapeutic-grade oils be sourced for **TRUessence**. The food industry's GMP (Good Manufacturing Practice) Guidelines mandate lot traceability, and these guidelines are an integral component of the company's quality control system. Nowhere will higher standards be found than with **TRUessence** Essential Oils. When we state that **TRUessence** Essential Oils are 100% pure, you can be assured that they are 100% pure ... not 51%, not 75%, not 99% pure. **100% pure.**

HOW CAN TRUessence ESSENTIAL OILS BE USED?

TRUessence Essential Oils can be used in many ways! Applied 'neat' on location or blended with a carrier oil, they're great in massage, reflexology, first aid, and as a personal fragrance. Diffuse them for their aromatic benefits in your home, office, or place of business. Incorporate them into your daily personal care and household cleaning routines. Add them to baths for relaxation or therapeutic needs. Use them for flavoring and health-enhancing benefits in your dressings, sauces and foods.

You'll find within these pages a wealth of information and countless ways to use **TRUessence** Essential Oils. You may even be inspired to create some new ways to use them! Whatever the need, whatever the occasion, whatever the situation, you will undoubtedly discover what so many have learned through the ages ... essential oils are an essential part of daily life, enhancing our energy, vitality, and sense of well-being. Once you experience the pristine nature of **TRUessence** Essential Oils, you will never want to be without them ... and you'll discover for yourself that they are, truly, "essential" oils! Enjoy!



Alexandria Brighton

*Purveyor and formulator of **TRUessence** Essential Oils*

Since entering the world of aromatherapy well over 25 years ago, Alexandria Brighton has emerged as one of the foremost authorities on this ancient healing art. She is an internationally-certified aromatherapist, formulator, and educator on essential oils.

As a result of her commitment to providing only the highest-quality, most pristine therapeutic-grade essential oils, Alexandria has, over the years, forged long-standing personal relationships with some of the finest and most ethical distillers around the world. She has traveled to India and the Himalayas in search of oils produced by small distillers whose dedication and artistry are such that their precious oils will never see mass commercial markets. Her relationships with both national and international medical aromatherapists and researchers provide her with the most up-to-date information on both the use and safety of essential oils for aromatherapy.

Alexandria now brings her expertise 'home' to **ForeverGreen** to share her life's work and passion—much of which has never before been taught. Through teleconferences, workshops, seminars, and cutting-edge training modalities, Alexandria will share her life's work with essential oil devotees across the globe.

FOR MORE INFORMATION

To learn more, or to order **TRUessence** Essential Oils, visit: <http://choicesinhealth.com>.

For more information on **Body Ecology** products or to place an order, visit <http://bodyecology.com>.

The information in this reference guide has been extracted from *Nature's Farmacy: A guide for the use of essential oils for healthy living* by Lorene Karewa Forbes. This comprehensive book contains over 400 pages of suggested uses, application methods, and other valuable health information. It is available from <http://prioritiesinc.com> or <http://naturesfarmacy.org>.

WARNING:

The suggestions, experiences, opinions and information contained herein have NOT been evaluated, nor approved, by the FDA, the A.M.A. or any other three-lettered federal, state, or local agency. Therefore, if you are ill, have a disease, are pregnant, or just seeking to improve your health, we are forced to suggest that you go to a medical doctor. Because of the current lack of health freedom in America, it is legal for them to kill you (see http://www.lef.org/magazine/mag2004/mar2004_aws_i_death_o2.htm) but it is not legal for us to suggest how you might improve your health by supporting your body's own innate healing abilities, possibly avoiding the medical cartel altogether.

The information contained herein is not provided nor intended in any way to diagnose, prescribe, or treat any disease, illness or injured condition of the body. Furthermore, although **TRUessence** Essential Oils are the only essential oils referenced or even recommended, neither the compiler of this document, nor the maker, nor any distributor of **TRUessence** or **ForeverGreen** assume any responsibility for the reader's choice of use. If you are suffering from any disease, illness or injury, it is recommended that you contact a healthcare professional.

IMMUNE SYSTEM

STRENGTHENING THE IMMUNE SYSTEM

One of the greatest rewards in using essential oils is the strengthening of the immune system, resulting in better health overall.

A number of factors can contribute to a weakened immune system. Common among these are:

- lack of sleep
- poor diet, high in sugars and/or processed foods
- dehydration at cellular level – not enough clean, filtered water
- poor hygiene
- being overworked
- stress

It is important to understand that essential oil usage is not a quick fix, but a way of life, with consistent use of the oils. Regular use of oils can effectively prevent colds and/or diminish the strength of the symptoms, especially when complemented with good health habits of regular exercise, healthy diet, and clean foods.

Using Essential Oils During Cold & Flu Season

There is no one-day cure for a cold or flu; bacteria is fast-growing. If you're not living a healthy lifestyle and you contract a cold or flu, using essential oils won't kill it, but symptoms can be lessened and reoccurrence may be avoided. Using antibiotics creates a cycle of being sick; using oils stops the constant reoccurrence that is so common with antibiotic use. Sleep is also a very important part of the recovery process; no sleep = no complete recovery.

The following oils and blends are particularly useful:

Defense	<i>Eucalyptus radiata</i>	<i>Ravensara</i>	<i>Clove Bud</i>
<i>Dill</i>	<i>Oregano</i>	<i>Birch</i>	<i>Marjoram</i>
<i>Myrtle</i>	<i>Balsam Fir</i>	<i>Lemon</i>	<i>Thyme ct. thymol</i>
<i>Kids' Wellness</i>	<i>Frankincense</i>	<i>Rosemary ct. 1,8 cineole</i>	<i>Coriander</i>
<i>Eucalyptus globulus</i>	<i>Peppermint</i>	<i>Cedarwood</i>	<i>Myrrh</i>
<i>Niaouli</i>	<i>Bay Laurel</i>	<i>Lemongrass</i>	<i>Thyme ct. linalool</i>
<i>Spice of Life</i>	<i>Lavender</i>	<i>Tea Tree</i>	

IMMUNE SYSTEM STRENGTHENING & BALANCING CLEANSE

After 30 days on the *Liver Cleanse*, rotate the following throughout the day (in other words, do each oil once a day at the time indicated):

- AM (in addition to Liver Cleanse): *Spice of Life* – 2-3 drops or in capsule
- Noon: *Oregano* – 2-3 drops in capsule filled with *Message Oil*.
- PM: *Rosemary* – 2-3 drops in capsule

Do this for 30 days, then rest for 2 weeks. Repeat twice for a total of 3 cycles. This is a powerful way to strengthen the immune system.



FUNGAL INFECTIONS

Fungal Infections of the Skin & Nails

For severe or acute fungal infections:

- **Skin:** Apply **Tea Tree** neat to affected area 2-3x daily for 14 days.
- **Under Toenail:** Start with **Tea Tree**, 2-3 drops for 2-3 days, then do the same with **Rosemary**, then **Thyme ct. thymol**, then **Oregano** for a total of 14 days. Layer with **Thyme ct. thymol** and **Oregano** (3 drops each) and work under toenail. Do this 2x daily for 14 days.

Internal Fungus Recipe 1

Mix in capsule with **Message Oil**:

- 2 drops **Lemon**
- 2 drops **Rosemary**
- Take capsules 3x daily with meals.

Internal Fungus Recipe 2

Mix in capsule with **Message Oil**:

- 3 drops **Eucalyptus**
- 2 drops **Oregano**
- 3 drops **Thyme**
- 1 drop **Lavender**
- Take 1 capsule 4x per day for 10-14 days.
- This is absolutely amazing for stubborn Candida infections.

Candida (Fungal Yeast Infection)

One of the best books to refer to if you have an overgrowth of yeast is Donna Gates' book, *Body Ecology*. I can't say enough good about her book and teachings. Without a doubt, her book is the go-to reference for healthy lifestyle changes and clearing out a yeast overgrowth! Her own story is inspiring and has opened the doors for so many others to heal. Check out her website at www.bodyecology.com.

It is useless to attempt to clear out an overgrowth of yeast without making appropriate dietary and lifestyle adjustments. You'll also want to drink at least $\frac{1}{2}$ gallon of water everyday.

- Begin with the **Liver Cleanse**.
- **Tea Tree's** antifungal properties have historically proven to be effective with Candida.
- **Oregano** is very effective internally with Candida. Use 2 drops in a capsule with **Message Oil** and take 2-3x daily.
- **Eucalyptus radiata** is an outstanding oil to use for Candida due to its decongestive properties. If Candida is affecting the respiratory system, use 1 drop of **Eucalyptus radiata** daily in one quart of drinking water or cup of herbal tea.

antibacterial oils

Generally speaking, all essential oils are antibacterial. The oils in the following list are even more so.

Whenever you have a bacterial infection, **Peppermint** should be a companion to all of these oils; it's a catalyst and will 'drive in' the oils:

Cedarwood
Clove Bud
Defense
Eucalyptus
Ginger Root
Kids' Wellness
Lemon
Neroli
Oregano
Ravensara
Rose
Rosemary
Spice of Life
Tea Tree
Thyme ct. linalool
Thyme ct. thymol

- Use selected oil internally; 2-4 drops in a capsule with **Message Oil**, 2-3x daily.
- These oils can all be used externally on location, but **Thyme ct. thymol** and **Oregano** should always be diluted with **Message Oil** before being applied directly on location.

In general, a trace (use a toothpick to get a trace of oil), or up to one drop of **Oregano** to 2-3 Tbsp. of **Message Oil** is a good dilution.

FUNGAL INFECTIONS

Candida (Fungal Yeast Infection) *(continued)*

- **Myrrh** is very useful for yeast infections. Create a douche or use it as a mouth rinse for thrush. It will treat the overgrowth of yeast without destroying the good bacteria.
- To calm stress, use 2-3 drops of **Quiescent**, **Cairo Care**, and **Roman Chamomile** with **Message Oil** in body and foot massages.

General Candida & Thrush Recipe

This recipe is extremely effective in controlling yeast:

- 5 drops **Lavender**
- 3 drops **Chamomile**
- 5 drops **Tea Tree**
- 2 drops **Myrrh**
 - In dealing with oral thrush, swish the mixture in your mouth with water and spit out. Continue protocol for at least 3 days after symptoms have subsided.
 - For women, mix with 1 oz. **Message Oil**. Using a syringe, implant vaginally and use a tampon to keep in place.
 - For men, add the mixture to a capsule, fill with **Message Oil**, and do a rectal implant.

Systemic Candida

- Work with the orifices that are challenged.
- Begin with the daily **Liver Cleanse**.
- Take **Defense** internally with capsules (4 drops). Use for at least 2 weeks. You will eat less and experience less bloating and flatulence.
- **Oregano** or **Spice of Life** can be very effective if additional 'power' is needed following the protocol with **Defense**. Use 3 drops of either oil in a capsule filled with **Message Oil** and take 2-3 times daily for 14 days.

Systemic Candida Recipe

Mix in capsule with **Message Oil**:

- 3 drops **Eucalyptus**
- 2 drops **Oregano**
- 3 drops **Thyme**
- 1 drop **Lavender**
 - Take 1 capsule 4x per day for 10-14 days.
 - This can be very effective when used for stubborn Candida infections.

Vaginal Yeast Infection (Vaginitis)

Yeast infections tend to occur following the use of antibiotics, which not only destroy the bad bacteria in our bodies, but the good bacteria as well. Probiotics are an important part of your diet and assist in replenishing beneficial bacteria. Several **Body Ecology** products will be very helpful with this.

- Whether it's a child or young adult, **Tea Tree** is the oil of choice. For mild cases under 30 months, mix 2-3 drops with 1 oz. **Message Oil**. Douche or apply on location. Over 30 months, use 10 drops **Tea Tree** to 1 oz. **Message Oil**.

FUNGAL INFECTIONS

Vaginal Yeast Infection (Vaginitis) *(continued)*

- Add 5 drops **Rosemary** to a veggie capsule and fill with **Message Oil**; take one at each meal for 30 days.
- Severe case: 10 drops **Tea Tree** plus 4 drops **Rosemary**. Douche and/or implant overnight, using a tampon to retain oil.
- For stubborn cases, douche and/or implant with a mixture of 4-5 drops **Tea Tree**, 1-2 drops **Lavender**, 2 drops **Myrrh**, and 1 oz. **Message Oil**. The Lavender will help ease the itching and burning. The vaginitis will usually go away after only 1-2 applications. Make sure to correct your diet and add Body Ecology probiotics and cultured foods and/or drinks to reintroduce the good bacteria into your body.
- Put 4-5 drops of **Tea Tree** and **Rosemary** in capsules and take a capsule at each meal.
 - Systemic yeast is more challenging. If the infection is systemic in nature, add 3-4 drops of **Spice of Life** to this mixture. It will usually take care of the systemic yeast in about a week.

Vaginitis Douche

This formula is extremely effective in controlling yeast.

- 5 drops **Lavender**
- 3 drops **Chamomile**
- 5 drops **Tea Tree**
- 2 drops **Myrrh**
- 1 oz. **Message Oil**

- Implant vaginally with a syringe; use a tampon to keep in place.

HEALTHY LIFESTYLE CHANGES

The importance of good nutrition and a healthy lifestyle cannot be stressed highly enough. A few simple changes in daily living habits can pay huge dividends, now and in the future, in fighting disease and achieving optimal health and vitality. Here are some suggestions:

- Avoid all processed foods.
- Eliminate refined sugar, high fructose corn syrup, artificial sweeteners, and caffeine from your diet.
- Eat lots of raw foods, fruits, and veggies as recommended in Body Ecology by Donna Gates.
- Eat plenty of cultured veggies and drink cultured kefir and Body Ecology-approved cultured drinks.
- Fresh organic juices and smoothies—including green smoothies—can be a pleasurable way to receive important nutrients.
- Reduce stressors of any kind.
- Find a modality of stress relief that works for you: meditation CDs, EFT practices, yoga, tai chi, daily gentle walks, etc.
- Fill your mind and heart with healing energy, meditating and 'seeing' health issues receding, then gone. Find a particular meditation that works for you and do it several times daily.
- Drink 8 oz. of pure, filtered water every hour during waking moments of the day.

LUNG & RESPIRATORY ISSUES

- Diffusing a combination of **Lemon**, **Peppermint**, **Eucalyptus**, and **Defense** will kill bacteria.
- **Exchange** is specifically formulated to support and strengthen the respiratory and immune systems. It is highly effective with any kind of upper respiratory issue or infection such as asthma, bronchitis, flu, pneumonia, whooping cough. It can be used in several ways:
 - Apply neat the back and/or chest; follow with warm compress.
 - Diffuse in 15-minute intervals several times daily.
 - Apply neat to soles of the feet.
 - Drink in a warm tea.
- **Oregano** loosens phlegm, calms coughing spells, and helps treat chronic bronchitis (never use undiluted on skin or in capsules).
 - Mix 2-3 drops with 1 Tbsp. **Message Oil** for chest and back massage.
 - Put 2-6 drops in a capsule with **Message Oil**; take 2-3x daily.
- **Myrtle** has been proven to be effective with tuberculosis and other lung diseases by inhaling or diffusing. It is of benefit as well with colds, bronchitis, sinus infections, and chronic respiratory conditions, and is often used in cough syrup for its expectorant and antiseptic properties. It can be used in the following ways:
 - Mix 2-3 drops with **Message Oil** for chest and back massage.
 - Diffuse 10-12 drops in 15-minute intervals throughout the day.
 - Dilute 1 drop oil in 1 Tbsp. honey; mix with warm water for tea.
 - Put 2-6 drops in a capsule with **Message Oil**; take 2-3x daily.
- **Fennel** has been used by physicians and herbalists to treat lung infections and is also known to expel parasites.
 - Mix 2-3 drops with **Message Oil** for chest and back massage.
 - Put 2-6 drops in a capsule with **Message Oil**; take 2-3x daily.

Recipe #1 for Assisting and Strengthening Lung Tissue

- Apply **Eucalyptus radiata** over the throat, around carotid artery, and on the chest over the thymus gland.
- Apply **Exchange** in the same manner.
- Apply these same oils along the spine, at least twice a day, adding a warm compress afterward. This is especially therapeutic for smokers and those with pneumonia or similar respiratory issues.

Recipe #2 for Strengthening Lung Tissue

15 drops **Frankincense**
4 drops **Myrrh**
6 drops **Rosemary**
2 drops **Lavender**
1 Tbsp. **Message Oil**

- Use as a rectal implant; retain as long as possible. Amazingly, rectal implants can be remarkably effective with lung issues.

MUCUS CONGESTION

Chest Rub Recipe

Combine the following and massage into chest and back. Application of a warm compress afterward may enhance benefits.

2 drops **Eucalyptus radiata** 2 drops **Peppermint**
2 drops **Thyme**

- Apply **Eucalyptus radiata** and **Exchange** or **Defense** to the bottoms of the feet during the day.
- Apply **Eucalyptus** on the chest, and take a capsule with 4-5 drops **Defense** mixed with **Message Oil** at night. (For severe cases, **Spice of Life** may be used in place of **Defense** for 14-16 days)
- **Oregano** is excellent for loosening phlegm and calming cough.
 - Mix 2-3 drops with 1 Tbsp. **Message Oil** for chest and back massage.
 - Put 2-6 drops in a capsule with **Message Oil**; take 2-3 times daily.
- **Dill Weed** is another excellent respiratory oil. It helps loosen congestion, soothes sore throats, eases headaches, helps calm an upset stomach, and aids in warding off colds and flu.
 - Mix 5-6 drops with **Message Oil**; massage into chest and back.
 - Apply neat to the soles of the feet at lung reflex points.
 - Dilute 1 drop oil in 1 Tbsp. honey; mix with warm water for tea.
- **Exchange** is phenomenal for respiratory issues.
 - Apply neat on the back and/or chest; follow with warm compress.
 - Diffuse in 15-minute intervals several times daily.
 - Apply neat to soles of the feet.
 - Drink in a warm tea.
 - Add 3-5 drops **Exchange** to 2 Tbsp. **TRUessence Dead Sea Salt**. Dissolve into hot water in a bowl or sink. Drape head with a towel, creating a “tent,” and lean over bowl, inhaling for 2-5 minutes with eyes closed. The synergy of the saltwater steam with the oils is especially effective in loosening phlegm and mucus and reducing inflammation in the nasal and sinus passages.

SINUS INFECTION

- Apply 1-2 drops **Rosemary** on outside of eyebrows and follow application around to top of nose.
- Apply 2-3 drops **Defense** to the soles of the feet three times daily. If you prefer, place the oil in a capsule and fill with **Message Oil**; take 1 capsule three times daily.
- Apply a few drops of **Eucalyptus** on chest, throat and ear canal.
- Use **Oregano** to help open clogged sinus passages, thin mucus and stop excess mucus secretion. It will also minimize allergic reactions. Mix 1 drop **Oregano** with 2 oz. **Message Oil** and apply externally on the face over sinus area (use extreme caution to avoid eyes) or add to veggie capsules and take 1 internally twice daily, as needed.

Sinusitis Rinse

1 Tbsp. **SmartSalt** 1 drop **Peppermint** 4 drops **Eucalyptus radiata**
3 drops **Rosemary** 1 drop **Lemon** 10 drops **Tea Tree**

Combine ingredients in a cup of warm water. Leaning over the sink, use a bulb syringe or neti pot to irrigate the nasal and sinus passages. For best results, if possible, breathe (snuff) the mixture up the nose and bring it through the throat, then spit it out. (Yes, we know it sounds gross!) It may sting, but keep syringing. Because of the tenderness of this area, the type of salt you use is very important! Using a fine salt like **ForeverGreen SmartSalt** will make the process much easier on the nasal passages than using a coarse crystalline salt that could actually hurt the nasal passages.

LYMPHATIC SYSTEM

People are often unaware of the critical role the lymphatic system plays in the body. In fact, the human body has three times more lymph fluid than blood. A healthy lymphatic system is vital to our immune response and aids in the elimination of foreign material and dead cells.

- **Bay Laurel** is a powerful booster to the immune and lymphatic systems, and is an excellent digestive aid as well. It can be used in the bath, added to shampoo or body wash, diffused, or used in massage. 1-2 drops can also be applied neat on swollen lymph nodes.
- **Birch** is a lymphatic stimulant and a good preventative against infections. Apply just a drop or two on the soles of each foot; a little goes a long way!
- **Lemongrass** is a strong immunostimulant and lymphatic tonic. Add 1-2 drops to 1 tsp. **Message Oil** for massage, or add 1-2 drops to personal care products such as facial cleanser, body wash or shampoo.
- **Orange** aids in balancing the lymphatic system and is an excellent diuretic. Add a couple of drops to tea or drinking water. It is a pleasant and beneficial addition to personal care products, or add 10-15 drops to **TRUessence Dead Sea Salt** for a relaxing, tonifying bath.

CAUTION: Due to photo-sensitivity, do not apply **Orange** or **Lemongrass** to areas of skin that will be exposed to direct sun within 48 hours.

Deodorants & The Lymph Nodes

One of the largest lymph sites is under the arms ... so it becomes especially important to avoid using commercial deodorants which further bombard the lymph nodes with damaging, toxic chemicals. Following are some of the more popular deodorant recipes, free of lymphatic toxins. As each person's body chemistry is unique, you may wish to personalize the recipe and adjust the ratio of the oils. Go with your inspiration and trust your intuition!

- Purchase a glass spray bottle or atomizer for these natural deodorant mixtures.
- Your antiseptic base of colloidal silver hydrosol solution and/or lemon juice/and or purified water could contain a few drops of **Tea Tree, Eucalyptus, Lavender, Lemon, Defense**, or other blends.
- Always shake well before each use.

Deodorant Recipe #1

1/2 C. lemon juice
or colloidal silver
hydrosol solution
or water
5 drops **Lavender**
1 drop **Peppermint**
5 drops **Tea Tree**
1-2 drops **Rosemary**

Deodorant Recipe #2

1/2 C. of colloidal silver
hydrosol solution
or water
5 drops **Lavender**
1 drop **Tea Tree**

My Favorite Deodorant Recipe

2 oz. colloidal silver
hydrosol solution
3-5 drops **Lavender**
2 drops **Lemon**
3 drops **Eucalyptus**
1 drop **Peppermint**
3 drops **Tea Tree**

THE IMPORTANCE OF DIGESTIVE CLEANSING

- Promotes healthy digestion, eliminates sluggishness.
- Reduces fermentation, putrefaction and rancidity that generate gas, thereby helping to prevent the growth of pathogens and related toxins.

Digestive Cleanse Recipe

In a capsule, combine:

3 drops **Ease**

1 drop **Peppermint**

1 drop **Lemon**

1 drop **Defense**

Message Oil to fill capsule

- Make no more than 3 days' worth at a time.
- Take 1 capsule at each meal 3 times daily for 2 weeks.

CLEANING THE PANCREAS AND BALANCING BLOOD SUGAR LEVELS

Coriander, **Dill**, and **Fennel** are the oils of choice. **Coriander** aids digestive balance and helps rid the body of toxins and excess fluid. **Dill** lowers glucose levels, normalizes insulin levels, and supports pancreatic function. **Fennel** aids digestion, eases all manner of digestive upset, tones the stomach and intestines, strengthens peristalsis, and helps ease constipation. Its diuretic action assists in flushing toxins.

- In the morning, layer 1 drop each of **Coriander**, **Dill**, and **Fennel** on the bottoms of the feet (in the center) and massage in.
- At night, apply 1 drop each of **Coriander**, **Dill**, and **Fennel** over the pancreas. (As **Fennel** is a very warm oil, you may want to add a drop or two of **Message Oil** to cool it.) Cover with a warm, moist compress; allow it to remain in place until it becomes cold.

Diabetes Type 2 Adult-Onset

- Follow instructions above for application of **Coriander**, **Dill** and **Fennel**.
- In addition, place 4 drops of each oil in a capsule and take at each meal.

Edema (Water Retention)

Adding 1-2 drops of **Orange** to a liter of drinking water is a great answer to water retention. If you prefer, you can put the oil in capsules; just take a drop or two in a capsule twice daily.

Gallstones & Kidney Stones

This is a signal that the body is WAY out of balance. If you're getting signals from your body that the gallbladder is running up the 'red flag', don't wait to make changes!

- Start the **Liver Cleanse** immediately.
- Layer a couple drops each of **Marjoram**, **Cypress** and **Peppermint**; apply directly to the affected area in a clockwise direction. Apply a warm compress if desired. Use every evening or every other evening until desired results manifest.

Gallstones & Kidney Stones (continued)

- Gallstones and kidney stones are a lifestyle issue. As with so many other health concerns, there are changes you will want to make in your daily life; refer to suggestions for “Healthy Lifestyle Changes” in this document.
- Good nutrition is imperative. Some lifestyle products to integrate in support of your body’s need for whole food nutrition include **FrequenSea** from **ForeverGreen** as well as Body Ecology products.

Gallstone & Kidney Stone Recipe

1 qt. RAW organic sauerkraut
 1 qt. tomato juice
 10 drops **Lemon**
 10 drops **Peppermint**

- Shake and divide into 2 jars.
- Drink 1 jar each day first thing in the morning for 2 days. The third day, do nothing. On the fourth day, the stones should pass!
- You can repeat in a few days if you have large stones.
- If prone to stones, repeat procedure every couple of months.

Gout

From www.healthscout.com: “Gout, also called crystal-induced arthritis, is an arthritic condition that occurs when uric acid crystals accumulate in the joints. Gout usually affects the large joint of the big toe, but can also affect other joints, such as the knee, ankle, foot, hand, wrist and elbow. In rare cases, it may later affect the shoulders, hips or spine. Gout does not spread from joint to joint.

Uric acid is a substance that normally forms when the body breaks down waste products (called purines). Uric acid is usually dissolved in the blood and passes through the kidneys into the urine. For people with gout, the uric acid level in the blood is so high that uric acid crystals form and deposit in joints and other tissues. This causes the joint lining to become inflamed, resulting in sudden and severe attacks of pain, tenderness, redness and warmth.”

Clearly, this is a lifestyle condition. When symptoms manifest, get started:

- The **Liver Cleanse** is extremely important.
- Several essential oils can be helpful. Use them in the way that seems to make the most sense for you:

Basil	Cypress	Geranium
Birch	Fennel	Juniper Berry
Coriander	Frankincense	Thyme ct. thymol

- Each of the oils listed above can help make a significant difference with this condition. Use oils of choice internally and externally:
 - 2-3 drops of selected oil, in capsule with **Message Oil**, 3 times daily.
 - 2-3 drops of selected oil, applied on location of pain.
 - 6-8 drops of selected oils added to bathwater.

Gout (*continued*)

- **Coriander** is a circulatory stimulant and aids in releasing toxins from the body. By increasing circulation, improvement will be seen with gout, arthritis and chronic fatigue.
- **Cypress** is stimulating to the liver and kidneys, and is helpful for circulation in moving the gout out of the body. It helps cleanse and detoxify the system, greatly increasing the elimination of urine.
- **Fennel** oil has been successfully used by European doctors in the treatment of gout. It has diuretic properties that prevent urine retention, and fights infection in the urinary tract by flushing toxins.
- **Frankincense** helps with inflammation, pain relief and oxygenation.
- Again, gout is a lifestyle issue. Improving your health can hinge upon making changes to your daily living and eating habits; refer to suggestions for "Healthy Lifestyle Changes" in this document.

Weight Loss Protocol

This information was generously shared with us by Janice, who successfully used this protocol to shed many unwanted pounds. It's also invigorating; don't be surprised to find you have more energy!

Add the following to a tub of warm water:

1/2 to 1 C. **TRUessence Dead Sea Salt** *

(Amount of salts can be adjusted according to size of tub.)

10 drops **Orange**

3 drops **Cypress**

5 drops **Geranium**

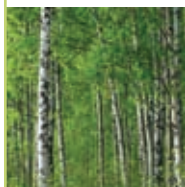
3 drops **Birch**

5 drops **Rosemary**

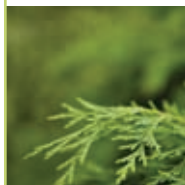
Lemon and/or **Lemongrass** can also be used, as they are also diuretics.

- Soak in the bath for 45-60 min.
- After toweling off, create a refreshing body splash by layering **Orange**, then **Rosemary**, and then **Cypress**.
- Use oils neat (undiluted) for best results, as they are the oils which are most effective in reducing cellulite. If you find that they are too hot, dilute with **Message Oil**, but neat is best to take advantage of their anti-cellulite properties.
- Apply from shoulders to knees. (CAUTION: Due to photosensitivity, do not apply **Orange** to areas of skin that will be exposed to direct sun within 48 hours.)
- Repeat this process 3-5 times per week, or as often as desired.
- In the beginning you may experience more rapid weight loss; it will slow down as the toxins are eliminated and the cellulite and body fat are reduced.

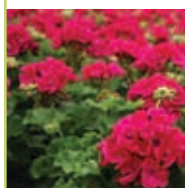
HELPFUL OILS FOR WEIGHT LOSS



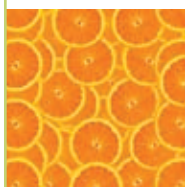
Birch historically has been used for diuretic purposes, and has powerful astringent qualities. It helps detoxify the liver and increases the flow of urine, and assists with water retention, cellulite and obesity. It's stimulating to the lymphatic system and invigorating to the mind. It's great for arthritis, rheumatism, sore or stiff muscles, and bone and joint pain.



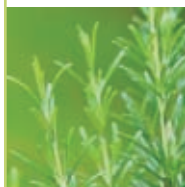
Cypress helps with circulation to accelerate elimination of toxins from the bloodstream and the body. It aids sluggish intestines and helps in rehabilitation of the body when the system has been slowed down. It helps with elimination of excessive fluid and water retention and the reduction of cellulite. Its astringent qualities help reduce overactive sweat glands and excessive perspiration. It's soothing to muscle aches and pains and eases pain from rheumatism, arthritis, and cramps. It's also useful in the treatment of hemorrhoids. It strengthens and stimulates the immune system, and is helpful with colitis and gut infections. It aids sluggish intestines and is a hepatopancreatic stimulant.



Geranium is especially supportive emotionally. It's excellent for the skin and helps with cellulite, bruising, skin conditions and healing wounds. It aids gastritis and colitis, cleans the digestive system of mucus, and is a good liver tonic. It aids with circulation, stimulates lymphatic system, supports the adrenals, and helps with glandular problems.



Orange is excellent for dull, oily or puffy skin, it improves circulation and cell hydration, is supportive of cell regeneration, and eases water retention. It also helps with stretch marks, aids in the formation of collagen, and is vital for the repair of body tissue. It helps detoxify the system and is a digestive aid for the liver, helping to increase the flow of bile and assimilation of fats. It aids in gallbladder function and helps eliminate toxins from the body.



Rosemary is excellent for the skin, easing congestion and reducing puffiness and swelling. It stimulates circulation, promotes balanced metabolism and the breakdown of fats, and is a wonderful aid for liver congestion, colitis, dyspepsia, sour stomach, and slow elimination. It's great at combating physical and mental fatigue, and provides the body with energy and vitality. It's a strengthening tonic for the heart and aids in treatment of arteriosclerosis. It stimulates the central nervous system, revives the senses, is especially useful when the body is feeling debilitated, and is a powerful support to the immune system.

Essential Oils and Cellulite

The following oils can help make a significant difference in the appearance of cellulite:

Bay Laurel
Birch
Cypress

Fennel
Geranium
Juniper Berry

Lemon
Lemongrass
Orange

PARASITE CLEANSING

You can pre-make capsules and keep them in the refrigerator for 3 days. NOTE: They must be vegetable capsules, which can be purchased or ordered from your local health food store.

- Put 4 drops **Ginger** in a capsule and fill with **Message Oil**.
 - Take one capsule with each meal. Do this for 1 week, and take a week off. Repeat this process two more times, for a total of 3 cycles. It's a good idea to do this **Parasite Cleanse** at least 4x per year.
- Put 1-3 drops **Oregano** in a capsule (depending on the strength of your constitution) then fill the capsule with **Message Oil**. Do this daily for 6 weeks.

CAUTION:

- Buy a small eyedropper to make up these capsules! If you get **Oregano** on the outside of the capsule, it will taste very hot!
- You will also need to take care NOT to get **Oregano** on your hands while making the capsules, as it is a very hot oil and can burn the skin. If you do, immediately dilute with **Message Oil**; do NOT try to wash it off, as the water will only drive the oil deeper into the skin. We've found it helpful to coat the fingertips with **Message Oil** before filling capsules, to add a protective layer to the fingers.
- Other anti-parasitic oils are **Carrot Seed, Cinnamon Bark, Clove Bud, Peppermint, Eucalyptus, Spice of Life, Thyme, Oregano,** and **Fennel**. When doing a parasite cleanse, use these supportive oils in any creative way you like. Create foot rubs, foot soaks, add to bathwater with care, as some of these oils are hot! Add to drinking water; go for it!

Parasite Cleanse Recipe

- Add 20 drops **Ginger** to 1 oz. **Message Oil** and 1 cup of filtered water. Shake well.
- Insert as an enema. Maintain as long as you can, then eliminate.
- Do this twice the first week, then take a week off. During week 3, repeat application twice.

OILS THAT CAN BE USED WITH THE PARASITE CLEANSE

- **Ease** will aid digestive discomfort.
- **Eucalyptus** is great for its anti-inflammatory benefits.
- **Rosemary** assists with secondary infections.
- **Peppermint** will ease nausea.
- **Fennel** will sooth an upset stomach. (Avoid **Fennel** if there is a history of seizures).

Insomnia

Insomnia is a plague of our modern world that can debilitate the best of us! It can affect all areas of our life and leave us drained and depressed. Sleep is essential to good health!

The oils to promote sleep are **Lavender, Marjoram, Chamomile, Gratitude, Sandalwood, Thyme ct. linalool,** and **Quiescent**. There are several ways to use these amazing oils – here are a few of our favorite ways:

- **Thyme** used in baths helps insomnia.
- **Sandalwood** applied to the back of the neck and on the temples will support a deep, restful sleep.
- **Marjoram** is one of the best oils to use for insomnia. Use 1-2 drops on the bottom of the feet, at the hairline on the back of the neck, and on pulse points, as desired.
- **Chamomile** can be used internally or externally, as a rub or in a soothing tea. It's historically been the "sleepy-time" herb and oil.
 - Take a hot bath with a generous squirt of Silk and 5-10 drops of **Chamomile** added to the bathwater.
- Apply **Lavender** and/or **Quiescent** on the back of the neck at the hairline, above the lip, at the temples, and on the forehead for calming neuro-chatter so you can sleep. Either oil can also be used with night time moisturizer for nourishing the skin AND relaxing. One or 2 drops added to moisturizer, applied to face and neck are soothing night time facial treats – and are so soothing!
- Take a warm/hot bath in **TRUessence Dead Sea Salts**. Let yourself 'steep' in that warm tea/bath for up to 20-25 minutes.
 - For females: To supercharge the bath, add 3 drops **Moon** to the scoop of bath salts.
 - For males: To supercharge the bath, add 4-5 drops of **Sun** to the scoop of bath salts.

After your warm bath, apply a drop or two of each: **Lavender** to the back of the neck, **Quiescent** and/or **Chamomile** to the feet, and **Sandalwood** to the temples.

- To help manage sleep: Apply the **Gratitude** on the back of your neck and temples. You can also use **Sandalwood** on the temples, **Quiescent** and/or **Chamomile** on the feet, and **Lavender** on the back of the neck.
- If you are challenged with anxieties, use a drop or two of **Frankincense** or **Geranium** to bring you back into balance.
- **Lavender** and **Marjoram** work really well for insomnia and are excellent to put in a diffuser.
- **Coriander** was used in India as a remedy for insomnia.

Insomnia Recipe

- Apply 1 drop **Quiescent** at base of neck, and the corner of each nostril.
- Apply **Quiescent** along the spinal reflex area on the arch of the foot for quick absorption.
- Use a drop of two of **Lavender** on of the tops of the ears.

Severe Insomnia Recipe

- Make a tea with 1 drop **Lavender** and 1 drop **Defense** blend, mixed with 1 tsp. honey, then steeped in a cup of warm water.
- When the problem involves sleep apnea, you don't want someone to become so relaxed that they don't wake up. To help with this, you would use **Peppermint** and **Lavender** for tea instead of **Defense** blend.

Pain Relief

Essential oils need not have a huge learning curve. Determining the source of pain is key in choosing an appropriate oil for optimal relief.

- **Pain due to inflammation.** Listed in the order in which they are most efficient, anti-inflammatory oils and blends are *Fysical Thera P, Birch, Eucalyptus, Peppermint, Carrot Seed, Roman Chamomile, Clove Bud, Fennel, Frankincense, Geranium, Lavender, Lemongrass, Myrrh, Orange, Tea Tree, and Helichrysum.*
- **Pain resulting from structural misalignment.** *Cairo Care* encourages relaxation of the myofascia holding the muscles to the spine and other joints. This, in turn, allows the body to straighten and realign and provides for deep relaxation and release of tension. Other beneficial oils include *Rosemary, Marjoram, Balsam Fir, Lemongrass, Helichrisum, and Basil.*
- **Muscular pain.** *Marjoram* is the #1 oil for easing muscle pain and spasms. *Fysical Thera P, Basil, Peppermint, Balsam Fir, Birch, Fennel, and Lemongrass* can also provide pain relief.
- **Nerve pain.** *Helichrysum* is unsurpassed in its ability to ease nerve pain; studies in Europe indicate it may also aid nerve regeneration. While not having as profound an effect as *Helichrysum*, other oils which may provide relief are *Thyme ct. linalool, Roman Chamomile, Lavender, Lemongrass, and Peppermint.* They are also excellent companion oils to *Helichrysum* due to their anti-inflammatory abilities.
- Essential oils that are targeted pain relievers include:

<i>Fysical Thera P</i>	<i>Clove Bud</i>	<i>Lavender</i>	<i>Myrrh</i>	<i>Peppermint</i>
<i>Birch</i>	<i>Coriander</i>	<i>Lemongrass</i>	<i>Myrtle</i>	<i>Rosemary</i>
<i>Chamomile</i>	<i>Helichrysum</i>	<i>Marjoram</i>		

All of these oils and blends will target pain relief. Use as needed in any of the following ways:

- Apply a drop or two of selected oil on back of neck and temples, or on location of pain. If the “heat” or “tingle” of the oil is too intense, apply a few drops of *Message Oil* to cool the area.
- For larger areas, mix 5-6 drops of the chosen oil with 1 Tbsp. *Message Oil.*
- Use 2-3 drops of selected oil in a capsule that has been filled with *Message Oil.*
- **Oregano** can be a powerful pain reliever, internally and externally, but only if used when mixed with *Message Oil* (otherwise it will cause pain – it is an extremely hot oil!)
 - Internally, mix 2-3 drops mixed with *Message Oil* and put in a capsule.
 - Externally, mix 2 drops in 1 oz. *Message Oil* and apply on location.

Stress

- **Quiescent** is a wonderful stress reliever. Apply 1 drop at base of neck and on the corners of each nostril. For quick absorption, apply a drop or two to the arch of the foot on the spinal reflex area.
- **TLC** is calming and soothing; use in the same manner as **Quiescent**, above.
- **Coriander** is energizing and refreshing, while also being relaxing and calming, particularly in times of anxiety, irritability or stress.
- **Fennel** has an overall calming effect on the emotions, and helps reduce stress and nervousness. It provides a feeling of protection, strength, and encouragement during vulnerable situations. (Avoid **Fennel** oil if you have a history of seizures. You can try a bit on your feet as a test if you’d like, but use caution.)

Supporting your liver might just be the missing key to your optimum health. This diverse organ has well over three hundred different functions! It is the first line of defense against any kind of poison—its role is to convert harmful toxins into substances that can be safely eliminated from the body. In addition, all the nourishment obtained through the gastrointestinal tract enters the blood by way of the liver.

The liver secretes vital digestive juices which help properly digest food and cleanse the blood. Pesticides, polluted air, water, and soil are inhaled or absorbed daily. Our exposure to toxins is increased by our use of steroids, medications, smoking, overindulgence of alcohol, poor food choices, and not drinking enough fresh, clean water.

With the help of our liver, we naturally expel the metabolic by-products and toxins produced as a result of our body's normal function and metabolism.

The liver also has a profound effect on the hormonal system, helping to regulate and balance hormonal activity to ensure the proper function of our **neurological system**.

With the prevalence of synthetic "Frankenfoods," nutrient-deficient and depleted foods, and environmental pollution of our air and water, **our liver is working harder than ever to detoxify our body** and regulate healthy metabolic activity.

LIVER TOXICITY

Symptoms of an **undernourished and toxic, overloaded liver** might include the following:

- Poor digestion
- Fatigue
- Skin rashes
- Depression
- Hormonal imbalances
- Obesity
- Gallbladder disease
- PMS
- Allergies
- Jaundice
- Nausea
- Emotional excess & mood swings
- Headaches
- Drowsiness after eating
- Weak tendons, ligaments
- Weak muscles
- Difficulty losing weight

a healthy liver: the secret to weight loss



One of the best-kept secrets to weight loss and lasting weight control is keeping the liver—the key organ for fat metabolism—in top shape. Ann Louise Gittleman, author of *The Fat Flush Plan*, says "Probably nothing you do to control your weight is as important as keeping your liver healthy. This means avoiding as many of the damaging elements (like alcohol) as possible, while embracing liver boosters. Among some of the lesser-known compromisers of liver function are caffeine, sugar, trans fats, medications, and inadequate fiber."

RESHAPE YOUR HEALTH
FOR PENNIES A DAY!

THE BASIC DAILY DETOX



1 Tablespoon (or more if you like) of freshly-squeezed lemon juice (organic preferred)
 One drop of Peppermint Oil (TRUessence EO brand only, suitable for internal use)
 One drop of Lemon Oil (TRUessence EO brand only, suitable for internal use)
 Mix lemon juice with Lemon Oil and Peppermint Oil. Drink.
 Best if taken prior to eating in the morning.



*Essential oils are like whole foods ...
 our body recognizes how to use them for nourishment and healing.
 It's best not to use plastic cups or containers with essential oils.*

Lemon Juice

- Benefits bile formation, which is essential for optimal fat metabolism
- Helps regulate the liver
- Promotes peristalsis; keeps waste moving along for elimination
- Strengthens and energizes the heart
- Alkalizes blood pH to a healthy level
- Contains iron, essential for building red corpuscles
- Cleanses blood plasma
- Aids thyroid for deeper breathing
- Helps dissolve and eliminate mucoid plaque from the digestive system

TRUessence Lemon Oil

- Organic oil from Italy, considered one of the world's best regions for sourcing Lemon Oil
- Encourages bile secretion
- Possesses antibacterial qualities of benefit to the liver
- Aids liver function and helps decongest a toxic liver
- Boosts metabolism
- Alleviates conditions often associated with an overworked liver such as nausea, headache, irritability, and insomnia
- Reduces toxin buildup in fat cells
- Supports bile flow
- Supports the body as a tonic, effective in ridding the body of phlegm and congestion
- Assists in weight reduction
- Stimulates the lymphatic system

TRUessence Peppermint Oil

- Clears drugs from liver
- Possesses stimulating properties which boost efficacy of other essential oils
- Helpful with allergies and hay fever
- Detoxifying; activates lymph flow and drainage
- Assists in overcoming digestive upset, flatulence, nausea and vomiting

LIVER-CLEANSING FOODS

In addition to your daily routine of the TRUessence **Basic Daily Detox**, drinking lots of clean water and eating liver-cleansing foods on a daily basis are also important steps to take. Fresh organic eggs and plenty of fresh vegetables—especially cruciferous vegetables such as broccoli, brussels sprouts, and kale—are great! Garlic, onion and ginger root help support metabolism and reduce toxin buildup.

HEPATOX: SYNERGY IN ACTION

Formulated to address the **detoxification, rebuilding, and renewing of the hepatic system**, TRUessence **Hepatox** blend combines the liver-cleansing benefits of *Lemon* and *Peppermint* essential oils with the tonifying and restorative actions of *Carrot Seed* and *Rosehip Seed* oils. Together, these four essential oils create a powerful, life-enhancing synergy which encourages optimum liver function.

Hepatox is generally designed to be used everyday for one week each month. Your own individual health needs will help you determine whether you want to use it daily, weekly, monthly, or as needed to support the rebuilding and regeneration of your hepatic system.

Other occasions where **Hepatox** might be of benefit include:

- following a round of antibiotics, chemotherapy, or exposure to/ingestion of chemical stressors;
- after a hepatitis outbreak—use the **Basic Daily Detox** during the outbreak and the **Rebuild and Renew Detox** afterward.

THE REBUILD AND RENEW DETOX

We suggest you do the **Rebuild and Renew Detox** on a monthly basis, daily for one entire week, each month of the year. Then return to the **Basic Daily Detox** for the remainder of each month.

Choose one of the following applications of **Hepatox** that speaks to you. Please note that, while rebuilding and renewing your liver, it is advised that you discontinue the **Basic Daily Detox**, as the same oils are a part of the **Hepatox** blend. Any option you choose below is best done first thing in the morning on an empty stomach.

1. **Hepatox** can be taken in a veggie capsule; add 1-2 drops of Hepatox then fill the capsule to the top with olive oil.
2. **Hepatox** can also be rubbed on the liver reflexology area of the right foot. Use only one or two drops and work it in.
3. **Hepatox** can be rubbed directly over the liver; use 1-2 drops.
4. Add 1-2 drops of Hepatox to the juice of 1/2 to 1 entire organic lemon.

Remember, less is more when using TRUessence Essential Oils.



TRUessence Carrot Seed Oil

- Extracted from the wild carrot plant we know as “Queen Anne’s Lace,” rather than the garden-variety carrot plant
- One of the very best liver tonics
- Helps regenerate liver cells following hepatitis or other liver disease
- Has a restorative effect on the liver, gallbladder and kidneys
- Benefits anemia by increasing the hemoglobin in the blood
- Currently being researched as a support for breast and skin cancer
- As easily assimilated through the skin as it is internally

TRUessence Rosehip Seed Oil

- Believed to be one of the best anti-aging oils
- Extracted from the seeds of a native wild rose plant from Chile
- Well-documented tests from as early as 1983 validate its power to regenerate tissue
- Assists with cell regeneration and promotes increased collagen and elastin levels
- Contains a high level of essential fatty acids and Vitamin E

SUPPORTING THE LIVER

- **Liver Cleanse** and HGH (Human Growth Hormone): When we get to the age of 35-40, our bodies slow down producing HGH. Over the years our receptor sites become clogged due to nitrates, sodium laurel sulfate, propylene glycol, food coloring, deodorants, toothpastes, etc., and we age more quickly. The **Liver Cleanse** keeps the receptor sites clean, allowing our bodies to more easily produce the HGH. With clean receptor sites, our bodies will build and repair instead of age. Clean receptor sites are crucial for diabetics, aiding with insulin.
- Get plenty of rest, and make sure that you include sleep between 10:00 PM and 2:00 AM (no more late nights!). The oils will release the hormones necessary to regenerate healthy cells.
- **Orange** is a great digestive aid, supporting the liver by increasing the flow of bile and assimilation of fats.
- **Lemongrass** stimulates liver function. Apply a few drops externally, at liver area, using a warm compress to drive in the oil. Use as needed.
- **Rosemary** is a powerful liver decongestant, beneficial for cirrhosis and bile duct blockage. Helps with jaundice. Use internally and externally. Use internally by putting 2-3 drops in a capsule with Message Oil. Use externally by putting 1-2 drops on liver area, using warm compress if desired.
- **Helichrysum** is a liver stimulant. Relieves headache from liver congestion.
- **Fennel** can be used in a warm, moist compress to help treat abscesses and strengthen the liver and kidneys. It helps to tone the liver, kidneys and spleen.
- Apply **Eucalyptus, Defense** (dilute with **Message Oil**), **Rosemary, Lavender** and **Quiescent** to the chest and bottom of the feet.
- 4 drops **Lemon**, massaged on liver area.
- **Dill** is good for liver deficiencies.

LIVER CLEANSE SUCCESS STORIES

We use the peppermint oil as part of a Liver Cleanse everyday. My husband has allergies and he says it helps open up the nasal passages. – *Jenny*

My husband is bipolar and on disability because of it. He has been taking the FrequenSea (averaging 2 oz. a day) since it came out and that did help, but he really began getting results within a few days of starting on the Liver Cleanse. We highly recommend the combination of FrequenSea and the Liver Cleanse. – *Phyllis*

Marilyn's daughter Meagan has benefited greatly from the Liver Cleanse by having her allergies clear right up. When she stops, the watery eyes and nasal congestion come back.

My two daughters, Kelsey and Iliana, also suffer from hay fever—especially in the spring. I have put them on the Liver Cleanse and thus far their hay fever symptoms have not shown up (it is the end of April). My youngest daughter is eight and has no problem taking the Liver Cleanse. – *Dee K.*

When I started the Liver Cleanse, my tests indicated a VERY TOXIC liver. Another test after only two months on the cleanse showed that my liver had improved over 700%, according to the health care professional I'm working with. I feel absolutely GREAT !! – *Julie Ann*

Last November I came down with Valley Fever, which Arizona (where I live) is known for—with all of the fungus you can breathe in from the soil and dust. I was down for almost 2 months, and thanks to FrequenSea, was up and about and feeling about 90% well. I learned about the Liver Cleanse and began it with the Peppermint oil, Lemon oil and lemon juice. It brought me back to 100%! I felt like my old self again—energetic, brain functioned more clearly, and I had more energy. I am so grateful for learning about the Liver Cleanse and have told many about it—who are now using it. – *Michelle*

I have been on the Liver Cleanse for a year now. I am 40+ with a full schedule of motherhood, teaching, volunteering, business, and then some. With the Liver Cleanse I have had increased energy, more stable emotions, and I have not been sick. I usually have a kidney attack a few times a year, but have not had any kidney challenges at all. The constant dull ache in my kidneys that I have had for eight years (which I am just used to dealing with) is greatly diminished and, often, gone.

As an added bonus my skin tone is better, my hormones have become more balanced and my pH levels are alkaline. I have seen many health improvements in my family and others with the Liver Cleanse. I highly recommend it. – *Carol*

My body has experienced a challenged liver for quite some time. The liver cleanse has proved to me to be the heart of my healing journey.

The first thing I noticed when I started my first Liver Cleanse was that my vision was much sharper and clearer. My bowels moved with much vigor and were becoming more regular. IBS symptoms were becoming less bothersome. My body's overall inflammation was greatly reduced. My gut actually started to shrink. The hard lump on the right side of my abdomen started to soften and I could once again lay flat on my stomach without feeling like I was lying on top of a basketball. I lost weight!! My thoughts were clearer and I could speak easily and stay on task. No more GI headaches!! I had more energy!! So with all of these great benefits, I was told to STOP the Liver Cleanse.

I made myself do a full 7 days without my daily Liver Cleanse. My body was not happy at all, as most of my symptoms came back around the 6th day. I have been doing the Liver Cleanse for over one year and the results are amazing. I keep my cabinet well-stocked with oils and lemons! I do the LC whenever my body needs it; morning, noon, or night. – *Kathleen*

I have been doing the Liver Cleanse since February of this year. Within a couple of weeks, I noticed that my allergies were not bothering me the way they normally do. In fact, I was afraid to go off the Liver Cleanse, because I actually needed to do the cleanse two or three times a day in the peak of hay fever season. I did not use any prescription nasal sprays during that time, and just the occasional antihistamine.

Then, I ran out of the Lemon essential oil. I continued to use the Peppermint, but that didn't seem to work. I needed the Lemon and Peppermint. I ended up getting all stuffed up and it took almost a month to get over it. I developed a cough in that period, too. So, I do not ever want to run out of those two essential oils or lemons, of course.

This little cleanse, which is so simple to do, has saved me hundreds of dollars per month in antihistamines and nasal sprays. Of course, I take FrequenSea too, and I know that it helped my allergies, but not completely. The two worked beautifully together. I now suggest to many of my new clients that they try the Liver Cleanse too. Especially if they have specific challenges such as allergies, etc. – *Heather*

My daughter had protein in her urine. The doctor did a second test and there was significant protein. So he sent her to a urologist. In the meantime she called me and I had her do a Liver Cleanse (Peppermint and Lemon oil with lemon juice in water each morning). She went back to the doctor after a week, then called me. Everything is clear. I must also give credit to all the prayers that were said on her behalf—you never know! – *Julie Waddell*

I started doing the Liver Cleanse because I was shutting down everyday at about 2:00 p.m. I would get extremely sleepy, my eyes would get blurry, and my mind went very foggy. I was on the liver cleanse for 5 days and went all day without shutting down. As a bonus, my skin cleared up as well. Thank you. – *Sarah E.*

My husband is anything but a supporter of holistic, natural remedies. To him, a trip to the Medical Doctor is the only alternative!

A few years back he was diagnosed with Fatty Liver Disease and was advised to keep his weight down, because any weight he gained would settle in his liver and compromise his health. Of course, he had paid no attention to this advice (he believes in medical approaches as long as it doesn't inconvenience him) and had started having chronic headaches.

He would wake up in the early morning and take aspirin to combat the headache that was keeping him from sleeping. I had tried to have him attempt another herbal liver cleanse but it was complicated, tasted horrid and he wanted nothing to do with it.

Fortunately he LOVES lemons. So when I learned of the Liver Cleanse regimen, I thought I could probably get him to try it! I was right! And he welcomed the daily dose of lemon juice (with some essential oils dropped in). He said he didn't believe it would do any good but that he would pacify me if he got to have straight lemonade!

After a few weeks on the cleanse, he mentioned to me that he had to admit that something must be happening because his headaches had ceased. He even recommended it to his brother who is having liver issues!

Recently we had a hectic morning and forgot our cleanse ... for one day. By the end of that day he was suffering from hay fever so bad that his eyes were bloodshot and puffy and his nose raw from tissues! We realized that he hadn't had an allergy attack in quite a while ... and why today? We then realized that we had missed our oils that morning.

Within a couple of days, the allergies were under control and haven't come back since. The headaches occasionally make an appearance, but they are few and far between whereas they used to be pretty regular. He now says, "I can't figure out how any of this is being affected by the oils ... but I won't miss another day!" – *Sheri B.*

Our story is about our cat. Unbeknownst to us, the cat had broken one of its back teeth. The tooth developed an abscess and the cat stopped eating because of the pain. Apparently in cats, when cats stop eating, the LIVER pulls out all the fat in the body and tries to store it. The liver then becomes toxic.

The cat became skin and bones within a couple of days, down to about 4-5 pounds after being near 15-20 pounds. After around \$1000 in extensive therapy including feeding tube, IV fluids, antibiotics, tooth surgery, hospitalization (they wouldn't let him go home with the tube in) etc., the vet told my daughter that the cat still only had about 50-50 chance

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of surviving and, because of his being 8-9 years old, it probably wasn't worth the money. We had subcutaneous fluids given to the cat there, and took him home to decide.

The next day my daughter called another vet and took him there. They were willing to insert the feeding tube and let us take him home to treat. Since it was liver toxicity, we first gave him Lemon oil and Peppermint oil in water down the feeding tube, a couple times a day. We also gave him FrequenSea through the feeding tube, and she also had to blend canned cat food with water and try to get it through the tube, although this clogged up the tube.

Within a couple of days, the cat was putting on weight again and trying to eat on his own. The vet kept the tube in for a few more days and we took advantage of this to continue the Liver Cleanse of Lemon and Peppermint oils, along with the FrequenSea.

After the feeding tube came out we tried to continue with the oils, but he had so much strength back and was resisting being force-fed, so we had to discontinue them. However, they did the trick.

All of the personnel at the second vet's office who had seen him before the treatment and then afterwards were astounded at how well and how quickly he had recovered, how much weight he put back on that first week, and how soon he was eating on his own. They think it was because of the food, but truthfully, not that much food got down him through the tube, but the oils and the FrequenSea did.

The tooth infection also cleared up during usage of the oils; he had been on antibiotics, but not as much got down him as was prescribed.

Today, several months later, the cat's coat is shiny and so soft. He gained all his weight back and to our chagrin, more. But he's happy, healthy, very active, and ALIVE thanks to using the Liver Cleanse oils of Lemon and Peppermint and backing this up with the cleansing and healing ingredients of FrequenSea. We are truly grateful. – *Trish*

I would love to share my success with the Liver Cleanse so others may have the opportunity to see what using this process can do for them as well.

Last summer I had the unfortunate experience of contracting a horrible rash all over my body after visiting a health spa for what I thought was going to be a relaxing afternoon and a special treat. Boy, was I in for a surprise! I'm not sure if the reaction was caused by the products used during my massage, or the bath product that I purchased (which was supposed to relax me and aid in sleeping). Nonetheless, I ended up with an awful red rash and a terrible itching sensation all over my body.

Upon visiting a dermatologist and undergoing a battery of tests which included a plug from my leg (for a biopsy to make sure nothing more serious was going on), I was informed that they could find NOTHING!!

I was sent to the drugstore with a handful of prescriptions which did absolutely NOTHING but waste my money. Thank God I found Lorene when I did and she suggested the Liver Cleanse every morning. Within days, literally, of using the Liver Cleanse, the rash was completely GONE! I could not believe my eyes.

Since then I have continued to use this regimen and will continue to do so forever. I can't thank Lorene enough for her help and continued support in educating the public about an easy and natural alternative to some of our everyday problems. – *Jan*

For years I had a dull ache under my left shoulder blade and had gone to a chiropractor for adjustments to take care of it, to no avail. The pain would get unbearable at times so I would take a Motrin 800 to get rid of it. Eventually I learned that I had toxic blood and therefore a toxic liver. Ever since I have been on the Liver Cleanse I have not had the shoulder pain one time. – *JS*

I have had such a positive experience with the Liver Cleanse.

My whole life I have suffered with allergies, and in the last four years I have developed asthma, acid reflux and narrowing of the esophagus. I have had only one week since February 2007 that I have had allergies, and that was because I forgot to take lemons on a camping trip.

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Prior to starting the Liver Cleanse, there were no prescription drugs that would help my allergies ... I had burned my system out on all of them, I guess. I am a hairdresser and sometimes, in order to finish a client, I would literally have to pack my nose with tissue so I did not have to stop so often to blow my nose. SOOOOO EMBARRASSING and unprofessional!!!

I also used an inhaler twice a day, everyday, never missing a treatment, and I was always scared I would have an attack while I was sleeping. Finally, I could hardly eat a meal without vomiting because of the acid reflux and narrowing of my esophagus.

I started the Liver Cleanse in February 2007 after visiting my family in Arizona. My sister-in-law encouraged me to try it. I have never been so grateful in all of my life!!!

If you have suffered with allergies and asthma, this is for you!

I have only used my inhaler in extreme situations maybe six times since I began the Liver Cleanse (I manage most attacks with Eucalyptus, Cypress, and Peppermint). My acid reflux is gone ... I no longer have issues with that and, in turn, my narrowing esophagus has fewer spasms and mealtime is not as irritating as it used to be (I also use Marjoram three times a day to help with the narrowing esophagus).

These are small health problems, but when you have dealt with them on a daily basis for years it get annoying ... to have found relief is a real treat. I love that I don't have to make sure I have a box of tissues everywhere I go ... I remember how I never took a drive without some right there with me, and how unenjoyable it was for those I was traveling with. I say, "Go Liver Cleanse ... Just 4 The Health Of It!!!" – *Paige A.*



Emmy, Paige A's daughter

My son was born screaming and didn't stop screaming for the first six months of his life. He had diarrhea all the time and would throw up for three days every six weeks.

We took him to many doctors and all of them said he was "normal" but that we could try "this" and hope that it works. We were introduced to the Liver Cleanse and began to take it faithfully. We eventually determined that wheat and bananas, as well as three parasites, were invading this little boy's intestinal tract.

Six months after beginning the Liver Cleanse he is a very happy three-year-old, and is now eating wheat without any problems thanks to his brand new liver. Will we be doing the Liver Cleanse for life? Happily! – *Shelli A.*

ADDENDUM: Here are the details about how Shelli (in the story above) used the liver cleanse with her son: "I would put lemon juice in his FrequenSea and use the Lemon and Peppermint oil on his feet. We have now begun taking the lemon juice and Lemon oil in a little water, and using the Peppermint oil on his feet."

My affirmation is, "When it's easy for me, it's right for me," and when I first heard about the Liver Cleanse it sounded easy and simple.

I'm going to backtrack for a moment. About a year ago, a colleague told me the spots on my arms were liver spots and suggested a complicated liver cleanse. Needless to say, I got too busy and disregarded the suggestion. In March 2007 I started the Liver Cleanse—one drop of Peppermint oil and one drop of Lemon oil in a large glass of warm water, first thing each morning. Well, I love it. I took the drink faithfully each morning. It was a great "wake me up;" the lemon was so refreshing and the peppermint certainly had my nose's attention.

About six weeks into the cleanse, I was at a meeting with that same colleague (who is a well-known nutritionist) and he was surprised to see the spots on my arms had faded considerably.

"Your Liver Cleanse is working well" he said. I smiled and agreed.

I've turned lots of people on to this simple, yet powerful, cleanse. Thanks to nature and all the rest of the team, I LOVE the oils ... and I find lots of opportunities to use most of them. – *Anon.*

I have used the Basic Detox Liver Cleanse for the last two years with great results.

When Hepatox blend became available, I was interested in trying it because of the Carrot Seed Oil added that replenishes and restores the liver.

Personally, I have used Hepatox on a daily basis for two months now. I have noticed that my nightly acid reflux symptoms have completely disappeared, and the “liver spots” on my hands and arms are fading dramatically! (I’m 47; my mother has always said liver spots are a sign of wisdom. Well, I don’t know about that—I thought I was too young to have them—so I’m glad they just look like a small freckle now!) – *Lean J.*

My mother was in the ICU for six weeks with liver shutdown, and we could not get a diagnosis on her. She had a drain outside of her body with a bag hooked up to it, and we couldn’t get it to drain for over three weeks. I was in turmoil because they wouldn’t even allow pressed flowers in the ICU. I knew that if I started using essential oils on her, they would throw me out. I eventually got brave enough to sneak oils on the bottoms of her feet as soon as the nurses left the room. I put them on the soles of her feet right where the liver pressure point is, and within six hours of doing that her drain was draining and had bile in it.

Basically I was in shock and all the doctors couldn’t understand what was going on. They thought she was a miracle and they just didn’t understand. Her internal medicine doctor looked at me and he said, “I do not understand what is happening here!” And I said, “Well, I do.” And I just left it at that.

Her bilirubins while in the hospital were very high at 3.4. The high/normal range of bilirubin goes up to 1.5; she was way over, and very jaundice.

When I met Alexandria in Utah, she said she was working on a new oil for regeneration of liver tissue. I said, “Well, hurry!”

And so I got Mom taking Hepatox. She was on it for 10 days when I got a blood test back. Right before Christmas her bilirubin counts were 2.1 and we just couldn’t get them in normal ranges. They wanted to do more testing. And I decided not to put her into a tailspin right before Christmas.

In mid-January we decided to start Mom on Hepatox. Now, because her liver does not function properly, she absorbs the oils differently. I haven’t been able to apply them topically like you normally would because she gets a burning sensation right from her liver.

So I decided the best way for her to do it was to put it in her Liver Cleanse with her lemon juice. I know you can apply Hepatox directly over the liver and it will absorb right in, but I was too afraid to do that with how sensitive her skin was, as the oils may cause a burning sensation.

We made sure she took her Hepatox every single day in her lemon juice.

Her hematocrits and bilirubins were always high, and her liver functions and enzymes were off the charts. The doctors told me she was supposed to die in ICU.

I never gave up. We got a blood report back, after having her on Hepatox for 10 days. She is now at .8—and 0.1 to 1.2 is a normal range. Normal ranges for hematocrits are 34 to 44; my mom’s are now 42. They have absolutely no concerns right now as far as her liver function.

Since I got her out of the hospital in mid-October, we tried for two months to get her numbers down. But I think it took Hepatox to get those numbers in normal ranges. She was on a Liver Cleanse before, but it was just that extra little push of what Hepatox did for her. We’re ecstatic! Thank you Alexandria! Hepatox sure saved my Mother’s life! – *Jan L.*